# BITTER LAKE COMMUNITY CENTER

Bitter Lake Community Center 13035 Linden Avenue North Seattle, WA. 98133 ph: 206.684.7524

> Helene Madison Pool 13401 Meridian Avenue North Seattle, WA. 98133 ph: 206.684.4979

WINTER ZOOG

Please visit us online at: www.ci.seattle.wa.us/parks

### GENERAL INFORMATION

# BITTER LAKE COMMUNITY CENTER

### WINTER QUARTER Hours of Operation

Mon. - Tue. 1:00 - 9:00pm Wed. - Fri. 11:00am - 9:00pm Saturday 9:00am - 5:00pm

Sunday Closed

### **Holiday Schedule**

There will be no programs offered on the following days:

January 1 New Year's Day

January 19 MLK Day

February 16 President's Day February 16 - 21 Mid-Winter Break

### **Registration:**

Begins December 15, 2003

Winter Quarter classes **begin** January 12, 2004 Winter Quarter classes **end** April 2, 2004



Phone: (206) 684 - 7524 TDD: (206) 233 - 7061 Fax: (206) 684 - 0858 Address: 13035 Linden Ave N.

Seattle, WA 98133

#### COMMUNITY CENTER STAFF

Barbara Wade Cynthia Etelamaki Debi Belt Joy House

Marc Hoffman Alicia Fitzner Center Coordinator Assistant Coordinator

Custodian

Teen Development Leader

Recreation Attendant Recreation Attendant





#### **Volunteers**

There are a variety of volunteer opportunities at Bitter Lake Community Center for people of all ages. Upcoming volunteer opportunities include:

Volunteer Coaches for youth sports programs (softball, t-ball, track, etc.)

Service hours for high school credit Other opportunities...just ask us!

# GENERAL INFORMATION

### POLICIES AND PROCEDURES

#### **ADA Compliance**

Accommodation will be made upon request for persons with disabilities. If you need sign language, interpretation, auxiliary aids, or other accommodations, please call 684-7524 or (TDD only) 233-7061. If possible please allow ten working days advance notice for sign language interpretation or auxiliary aid. If a class or activity is scheduled in an area that is not barrier free for wheel-chairs we will make every effort to help you find a similar program in an accessible location.

#### Fees and Charges

The programs and activities listed in this brochure are provided by the Bitter Lake Advisory Council under an agreement with the Department of Parks and Recreation. Fees collected by the Advisory Council are used to offset the costs of these programs. The Advisory Council fees listed here include \$1 per class fee, which is paid to the Department of Parks and Recreation for each adult registered in a program; or 41.30 PER PARTICIPANT PAID TO THE Department for each athletic game as applicable. The Department uses the latter funds to defray the overall operation expenses. Class and program fees listed in this brochure include sales tax where applicable in accord with current provision of the State Tax Code enacted by the State Legislature.

#### **Advisory Council**

Make a difference! Join a team of devoted community members who are dedicated to promoting cultural, educational, and athletic programs. This volunteer group works closely with the Parks and Recreation staff to provide the necessary support needed to improve programs. If you are interested in joining the Bitter Lake Advisory Council, please call us at 684-7524. New members are always welcome!

#### ADVISORY COUNCIL

Julie Morse President Margerite Daoura Tom Hollowed Arlene VanderKlomp

#### **Non-Discrimination**

As a matter of policy and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap. (Seattle Municipal Code 18.12.280)

#### **Refund Policy**

It is the policy of the Recreation Programs Division to make a full refund to participants who register for a program that is canceled by the Department for any reason. If a participant drops a class or program prior to the second session of a series, they will be charged for the class taken plus \$5 or 10% of the fee, whichever is greater will be retained. This service charge is to offset the Advisory Council's cost in handling the refund. If a participant drops a class or program after the second class of a series, no refund will be given.

#### **Scholarships**

Scholarships are available, as funds allow, for all programs through the Bitter Lake Advisory Council. Application forms are available at the center or call 684-7524 for more info.

### REGISTRATION PROCEDURES

- 1. Registration (for most classes) continues until they are full.
- 2. Pre-Registration is required for all classes.
- Registration can be made by phone, mail, or in person and must include complete payment with checks, money orders, or VISA/MASTERCARD/AM. EXPRESS. Checks should be made payable to Bitter Lake Advisory Council (BLAC) #27
- 4. Class size is limited and will be filled on a first-come first-served basis.
- 5. Classes not reaching a minimum enrollment may be canceled.
- 6. Fees apply to the cost of instruction, supplies, and equipment unless otherwise noted.
- Some classes allow individuals to register in the middle of the session with a pro-rated fee.
- 8. Contact the center for more information.
- 9. Scholarships are available.

### RENTALS

#### PARTY WITH US!

Need a place to have a party or business meeting? Bitter Lake Community Center is available! Give us a call at 684-7524 and ask for Marc!

# Meeting Space Prices Vary

Need space for an annual retreat or a monthly board meeting?

- For groups of 15 or less, two hours is only \$90.
- For groups of 25 or less, two hours is \$110.
- For groups of up to 158, two hours is only \$130.

### Basketball Rental \$100 for 2 hours!

Get nine of your best friends and pay just \$10 each for two hours of gym space - all to yourself!

### Skate Night Party Room Rental \$30 for 2 hours!

Perfect for a child's birthday party! You get a private room to eat cake and open presents in and you can roller skate right out of the room and into our Friday Family Skate night!

Any Friday evening when school is in session, from 6:30 -

8:30pm. Bring your own skates or borrow a pair of ours. \$30.00 for the room plus \$3.00 per person for skating.

### **Private Skate Parties**

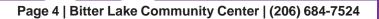
Would your organization or school like to have its own private roller skating party? Bring your own skates or borrow a pair of ours.

- Small: Up to 30 people, **\$50/hour**Bring your own boom box and skate in our small gym. A staff person will be provided to supervise.
- Medium: 30 to 75 people, **\$75/hour**Skate in the large gym and use one of our classrooms too. A staff person will supervise and play music on our stereo system. You will provide one responsible adult to help supervise.
- Large: 75 to 200 people, **\$100/hour**Skate in the large gym and use one of our classrooms as home base. Two staff will supervise and play music on our stereo system. You will provide two responsible adults to help supervise.

### Weddings & Large Events - Up to 158 people \$530 for 7 hours!

Hold your event in our beautiful multipurpose room and our full-size industrial kitchen for seven hours. Time to both set up and clean up. This covers a staff person to supervise the building. Hardwood floors, mirrors, and a view of the park and lake. Chairs and tables are included. Additional fees apply if you are serving

alcohol. Refundable damage deposits also apply. You can also rent by the hour.



# GOMMUNITY NUMBERS

# PARKS DEPARTMENT COMMUNITY CENTERS

Alki	684-7430
Ballard	684-4093
Bitterlake	684-7524
Delridge	684-7423
Discovery Park	386-4236
Garfield	684-4788
Greenlake	684-0780
Hiawatha	684-7441
Highpoint	684-7422
Jefferson	684-7481
Langston Hughes	
Cultural Arts Center	684-4757
Laurelhurst	684-7529
Loyal Heights	684-4052
Magnolia	386-4235
Meadowbrook	684-7522
Miller.	684-4753
Montlake	684-4736
Queen Anne	386-4240
Rainier	386-1919
Rainier Beach	386-1925
Ravenna-Eckstein	684-7534
South Park	684-7451
Southwest	684-7438
Van Asselt	386-1921
Yesler	386-1245

#### **LIBRARY**

Broadview	684-7520
Greenwood Library	684-4086

# PARKS DEPARTMENT SWIMMING POOLS

Ballard	684-4094
Evans	684-4961
Madison	684-4979
Meadowbrook	684-4989
Medgar Evers	684-4766
Queen Anne	386-4282
Rainier Beach	386-1944
Southwest	684-7440
Colman (Summer only)	684-7494
Monger (Summer only)	684-4708

# OTHER SEATTLE PARKS DEPARTMENT

Aquarium Info	386-4320
Ball Field Reservations	684-4082
Compliments/Complaints	684-4837
Rainout Hotline	233-0055
Seattle Tennis Center	684-4764
Senior Adult Programs	684-4951
Specialized Programs	684-4950
Picnic Reservations	684-4081
Wading Pool Hotline	684-7796
WP Zoo Info	684-4800

### LOCAL SCHOOLS

Ballard High School	252-1000
Broadview Thomsom Elem.	252-4080
Ingraham High School	252-3880
Northgate Elementary	252-4180
Viewlands	252-4390
Whitman	252-1200

### SPECIAL EVENTS

#### PARENTS' NIGHT OUT

January 24 .:. February 28 .:. March 27 6:30 - 9:30pm \$10 per child

It's your turn to take time for yourself and go out for a night. Bring your child to the center for a fun night of activities, and you can go out for dinner, a movie, or both! Please pre-register by the Wednesday before the date. (Minimum of 8 needed).



### FRIDAY FAMILY

#### SKATE NIGHT

EVERY FRIDAY!! (when school is in session) 6:30 - 8:15pm @ the Annex \$3 per person

Bring your family for a night of skating fun! Games, prizes, music plus a whole lot of fun. Bring your own skates/blades or use a pair of our skates. The snack bar is open and sells candy, chips, juice and more. Our party room is also avalible for special events - please call 684-7524!

### SPRING EGG HUNT

Saturday, April 10 Starts at 10am Free!

It's time again for our annual egg hunt at Bitter Lake! This fun youth event is for children ages 2-10. There will be separate hunting areas for particular age groups. Everyone should meet at the Bitter Lake Annex (Broadview Gym) and the hunt will begin at 10am on the dot, so make sure that you are on time! Please bring a basket to gather your candy and eggs.

# BITTER LAKE COMMUNITY CENTER'S CUSTODIAN WINS SMA AWARD!



Congratulations to Debi Belt, Bitter Lake Community Center's very own Custodian, for receiving the 2003 Award for Innovation and Change Management, presented by the Seattle Management Association (SMA). Debi, pictured here on the left, along with several of her Seattle Parks Department coworkers, made up the Janitorial Commodity Team. Together, the team successfully developed standards and procedures that will allow the entire department to use environmentally friendly cleaning products at all facilities throughout the city. Way to go, Debi!

# SPECIAL EVENTS



#### **Seattle Audubon Adult and Family Programs**

#### **All About Birds!**

How do birds communicate? What is a raptor? How do birds feed? Study real bird skins, identify local birds and their calls, and learn to use binoculars for backyard birding with your family. Join us in becoming a beginning birder and learn all about birds. FREE PROGRAM!

Tuesday January 20, 2004 Family Program - All ages! 7:00 - 8:15 pm

#### Owl Prowl!

What does an owl eat? How do owls catch their prey? What does an owl call sound like? Discover the world of owls by studying real owl skins, dissecting an owl pellet, and learning local owl calls. Come soar into the wonderful world of owls! FREE PROGRAM!

Tuesday February 24, 2004 Family Program - All ages! 7:00 - 8:15 pm

#### Gardening For Life

How can I make my backyard a sanctuary for local birds and wildlife? Most urban habitat for birds and other wildlife is located not in public parks and greenbelts but in the yards around privately owned homes. Come to our GARDENING FOR LIFE class and learn to create a beautiful garden that requires less maintenance while providing valuable habitat for songbirds, butterflies, and dragonflies. FREE PROGRAM!

Tuesday March 9, 2004 Adult Program 7:00 - 8:30pm

Bird Banding, Trail Maps, and Member Bird Walks! Come watch expert bird banding at local community parks, get a Washington State Birding Trail Map, and attend local bird walks in your neighborhood. Find out more information by visiting our website at www.seattleaudubon.org.

# 3RD ANNUAL FAMILY PANCAKE BREAKFAST

February 22 9:00am - 1:00pm Adults \$4 Youth \$3 Kids under 4 - Free!

Come to the 3<sup>rd</sup> Annual Pancake Breakfast at Bitter Lake Community Center. This event is a day to bring the whole family down to the community center for a great Sunday breakfast. We will serve hot pancakes, scrambled eggs, sausage, juice and coffee. All proceeds from this event help support our youth and teen programs.



# TOTS/TODDLERS

#### PRE-BALLET

This class is designed to help children tune into their bodies by developing their motor skills, coordination and their ability to follow instruction in a series of fun and challenging progressive exercises that will eventually evolve into the beginnings of Ballet technique. Please wear a leotard, tights & slippers.

Instructor: Sarah Armstrong

Saturdays 11:15am - 12:00pm Ages: 4 - 5 January 17 - March 27 \$60 no class February 21

#### **CREATIVE MOVEMENT**

Beginners experience the joy of dance, learning basic movement, vocabulary and beginning ballet through fun dances and rhythmic games. Instruction is designed to promote an environment where students work together as a group. Please wear a leotard, tights & slippers

Instructor: Sarah Armstrong

 Saturday
 10:30 - 11:15am

 Ages: 3 - 4
 January 17 - March 27

 \$60
 no class February 21

#### TUMBLING AND DANCE

Basic stretching, movement and floor gymnastics. Students will be offered the opportunity to perform. Girls: leotards or swimming suit and shorts. Boys: short sleaved T-shirt with shorts or sweats. Lots of fun!

Instructors: Narda Elaine Curlee

Thursdays 3:30 - 4:30pm

Ages: 3-5 January 15 - March 25 no class February 19

### DANCE AND GYMNASTICS

#### COMBO

What form of dance is your favorite? Try them all. Tap, ballet, and novelty jazz in one combo class. Dance attire required. **Instructors: Narda Elaine Curlee** 

Tuesdays 12:00 - 1:00pm Ages: 4 - 5 January 13 - March 23 no class February 17

#### DISCOVERY CORNER

#### PRESCHOOL

Join the fun! Get ready for kindergarten! Make new friends! Learn the alphabet and numbers through play in a creative, loving, & positive environment. Activities include arts and crafts, science, music, gym and outdoor play. A mid-morning snack is provided by parents. Children must have independent toileting skills.

**Instructor: Becca Moore** 

**AM** 

Mon/Wed/Fri 9:30am - 12:30pm \$145/month Ages: 3 - 5

PM

Mon/Wed/Fri 1:00 - 4:00pm \$145/month Ages: 3 - 5

#### DISCOVERY CORNER JR.'S

#### PRESCHOOL

This class is the perfect early learning and socialization class for your toddler. Arts and crafts, stories, gym play, sharing and more in a positive, creative and nurturing environment. A small snack is provided. Instructor is not required to change pants. Maximum enrollment 10.

**Instructor: Becca Moore** 

**AM** 

Tuesday & Thursday 9:30am - 12:00pm \$90/month Ages: 2 - 3 1/2

PM

Tuesday & Thursday 1:00 - 3:30pm \$90/month Ages: 2 - 3 1/2

#### JUST STARTING SPORTS

This class for ages 3 - 6 will introduce your child to the basics of sports. In this intro to sports class, the participants will get comfortable with their body movement and handling of sports equipment at the same time. Skill building and enjoyment are the emphasis of this class for first timers.

Instructor: Zach Wilson

Tuesdays 1:15 - 2:00pm

Session I January 13 - February 10 Session II February 24 - March 23

\$25 Ages: 3 - 6

#### BRAIN PLAY

Activities, play and discussions on different areas of development. Discover what activities and toys best support your child's brain in making essential connections. This program is free, however donations for materials are appreciated. This program is offered in partnership with the North Seattle Family Center. Check them out at www.childrenshomesociety.org

Wednesdays 10:00am – 12:00pm January 21 - February 25 For parents & children, birth - 3 years old. (If you loved PEPS, you'll love this!)

#### EARLY CHILDHOOD STEP

(Systematic Training for Effective Parenting)

For parents with a child up to 5 years old. Learn helpful techniques to improve family communication and encourage cooperation, plus effective discipline strategies that promote both self esteem and mutual respect. Includes books and childcare. Scholarships are available. This program is offered in partnership with the North Seattle Family Center. Check them out at www.childrenshomesociety.org

Thursdays 6:00 - 8:00pm

\$15 February 12 - March 25

# 'S + YOUTH PROGRAMS

### SCHOOL-AGE CHILD CARE PROGRAMS

This DSHS licensed child care serves youth in grades Kindergarten through fifth. A variety of activities are available to satisfy various interests and age groups. Please call to check on available openings. Information on each specific program follows. Child care programs are at Bitter Lake Annex next to Broadview Thompson School at 13040 Greenwood Ave N 98133.

#### B.I.G. B.L.A.S.T.

BEFORE | GO TO SCHOOL

BITTER LAKE AFTER SCHOOL TIME

SCHOOL CARE

This program includes a range of activities for school-age youth K-5 such as art projects, cooking projects, gym games, outside play, and much more. A light snack is provided. Fees are monthly. Call 684-7524 to ask about openings.

**Director: Zach Wilson** 

#### **Before School**

Days: Monday - Friday **Times:** 7:00 - 9:00am

**Cost:** 5 days/week = \$175

4 days/week = \$1723 days/week = \$1292 days/week = \$86

1 day/week = \$43

#### **After School**

Days: Monday - Friday Times: 3:10 - 6:00pm

**Cost:** 5 days/week = \$230

4 days/week = \$220 3 days/week = \$165 2 days/week = \$110 1 day/week = \$55

#### TODDLER OPEN GYM

There are lots of toys and equipment to play with that are safe and a lot of fun and lots of friends to play with too! Please pay for entrance to open gym at the front counter.

No open gym January 19 & February 16

1:00 - 2:30pm \$1 donation per child Monday

Wednesday 11:00 - 12:30pm Friday 11:00 - 12:30pm

#### PIANO LESSONS

Private lessons in 30 minute blocks for beginning or continuing students. Homework will be assigned, so access to a piano or keyboard is essential. Call 684-7524 to arrange a time. There will be a recital at the end of the quarter.

Instructors: Sean Barker or Kevin Johnson

Mon., Wed., or Fri. 6 classes per session

\$105/session

Session I January 12 - February 26 Session II March 1 - April 9

no class January 19 & February 16 - 20

#### MOVE OVER MOZART

Here is a piano program designed especially for kids! Children progress from learning to play simple familiar tunes on the keyboard, along with reading music and music theory, in a fun, interactive group setting. These musical activities not only teach piano playing piano skills, but also promote feelings of accomplishment and self confidence. Children will participate in recital in December. Classes held at Bitter Lake.

Wednesdays \$79 January 14 - March 24 no class February 18

(+ \$10 annual registration/books/materials fee)

3 - 4 yrs old 5:00 - 5:30pm 5 - 6 yrs old 5:30 - 6:00pm 6:00 - 6:30pm 7 - 8 yrs old 6:30 - 7:00pm 9 - 12 yrs old

#### MUSIC TOGETHER

Share the joy of music and nurture your child's music development! Come to fun classes filled with songs, rhymes, instrument exploration and movement. Each family receives a professionally recorded CD, tape and lovely songbook filled with ideas to bring the music home! Internationally recognized program.

Instructor: Sarah Nishioka

Sarah brings a conviction that the language of music is a vital component of true education. Her 12 years of teaching experience in pre-schools and home-schools reflects her love of music, dance and art.

10 week session January 12 - March 24

no class January 19 & February 16 - 21

Ages: 6mos - 4yrs. w/parent or caregiver Choose date and time for **1 meeting** per week: Wednesday 1:00 - 1:45pm Friday 11:00 -11:45pm 1:00 - 1:45pm

11:00 -11:45pm Saturday

# YOUTH PROGRAMS

Narda and Debbie teach as a team. They offer all of their students the optional opportunity to perform throughout the year. If a student chooses to perform, a reasonable team leotard or costume will be required to purchase.

# BEGINNING FLOOR GYMNASTICS

Basic stretching, movement and floor gymnastics. Students will be offered the opportunity to perform. Girls: leotards or swimming suit and shorts. Boys: short sleeved T-shirt with shorts or sweats. Lots of fun!

Instructor: Narda Elaine Curlee
Wednesday 4:15 - 4:15pm

Ages: 5 - 9 January 14 - March 24 no class February 18

#### INTERMEDIATE FLOOR

#### GYMNASTICS

Learn the basic skills and movement of gymnastics. Gymnastic routines will be taught and students will be given the opportunity to perform. Girls wear leotards and bare feet or gymnastics shoes. Boys wear short sleeved t-shirt with shorts or sweats and bare feet or gymnastic shoes. Teacher approval required.

Instructor: Narda Elaine Curlee Thursday 4:30 - 5:30pm

Ages: 7 - 11 January 15 - March 25 no class February 19

### DANCE/FLOOR

#### GYMNASTICS II

Basic stretching, movement and floor gymnastics combined with dance instruction.

Instructor: Narda Elaine Curlee Monday 4:00 - 5:00pm

Monday 4:00 - 5:00pm Ages: 5 - 8 January 12 - March 29

\$70 no class January 19 & February 16

### TAP/BALLET/JAZZ

What form of dance is your favorite? Try them all. Tap, ballet, and novelty jazz in one combo class. Dance attire required.

Instructor: Narda Elaine Curlee Monday 5:00 - 6:00pm

Ages: 7 - 11 January 12 - March 29

\$70 no class January 19 & February 16

#### JAZZ HIP HOP

Learn all the newest, funkiest moves and even a routine or two for performing, dance attire required.

Instructor: Debbie Saucedo
Tuesday 5:00 - 6:00pm

Ages: 6 - 9 January 13 - March 23 \$70 no class February 17

#### INTERMEDIATE HIP HOP

Learn all the newest, funkiest moves and even a routine or two for performing. Dance attire required. Teacher approval required.

Instructor: Debbie Saucedo Thursday 5:30 - 6:30pm

Ages: 9 - 13 January 15 - March 25 no class February 19

#### BATON I

Lead the parade! Don't let baton twirling become a "lost art"! Extwirler, with the "Scarlet Lancers", Narda Elaine, will teach technique, appropriate dance moves and march. Batons available for sale (or borrow one of ours). Please wear dance attire or short sleeved T-shirt with shorts or sweat pants.

Instructor: Narda Elaine Curlee
Wednesdays 4:15 - 4:45pm
Ages: 6 and up January 14 - March 24
\$36 no class February 18

#### BALLET I

This class picks up where pre-ballet leaves off, continuing the process of harmonizing the dancer's mind and body to the discipline of the art form of ballet as more and more dance vocabulary and technique is introduced. Please wear a leotard, tights & slippers.

Instructor: Sarah Armstrong Saturday 12:00 - 1:00pm

Ages: 6 - 8 January 17 - March 27 \$70 no class February 21

#### BALLET I/II

This class is a continuation of Ballet I, continuing the process of harmonizing the dancer's mind and body to the discipline of the art form of ballet as more and more dance vocabulary and technique is introduced. Please wear a leotard, tights & slippers.

Instructor: Sarah Armstrong Saturday 1:00 - 2:00pm

Ages: 8 - 10 January 17 - March 27 \$70 **no class February 21** 

# YOUTH PROGRAMS

#### KIDS COOKING PETIT GOURMET

In this fun cooking class, participants will learn the joy of preparing, cooking and tasting creative and tasty dishes. They will learn their way around the kitchen, learn to read recipes and be exposed to a variety of ingredients. Rosangela is a professional caterer who has taught classes to youth and adults for over 15 years.

Instructor: Rosangela Seppela Monday 4:30 - 6:30pm

Ages: 8 - 13 January 12 - March 22 \$50 no class February 16

#### ART THROUGH NATURE

We will be using our five senses to "see the world" through drawing, painting and art activities. We will use art and nature as an avenue to gain greater awareness and understanding of ourselves, each other and out natural environment.

Instructor: Sarah Nishioka

Sarah brings a conviction that the joy of art coupled with nature is a vital component of true education. Her 12 years of teaching experience in homeschool co-ops, homeschool centers, and pre-schools reflects her love of art, dance and music.

Tuesday January 13 - March 23

\$65 Ages: 6 - 8

#### KENDO

Kendo, a highly technical Japanese sport, develops eye-hand coordination, self-discipline and the basic principles of self-defense.

Thursday 7:40 - 9:00pm

\$55 January 15 - March 25 no class February 19

#### KARATE-BUTOKUKAN

Improve your body and mind through techniques followed in this ancient martial art form. Learn basic strikes, kicks, blocks, and stances. Participants test for the belt rank at their own pace.

Instructor: Roy Hoard Monday & Wednesday 7:00 - 8:00pm Beginners

7:30 - 9:00pm Intermediate/Advanced Ages: 7 - 17 January 12 - March 31

\$55 no classes January 19 & February 16 & 18

### SPRING SPORTS

#### Registration begins March 10, 2004

Practice days and times are determined by the availability of volunteer coach for each sport. T-Ball, Coach Pitch and Girls Softball games are on Saturday mornings and afternoons. Track practices and meets are weekday evenings. We are looking for volunteer coaches to help in our youth sports programs. If you are interested please call 684-7524 for more information.

#### T-Ball

This introduction to sports focuses on skill development and a fun experience. Teams play against other Bitter Lake teams. All practices and games will be at the Bitter Lake fields.

Ages 5 - 7 \$35

#### **Coach Pitch Softball**

Join this fun program geared towards skill building and teamwork. Teams play other Bitter Lake teams.

Ages 8 - 9 \$35

#### **Girls Softball**

Age groups are 10-11, 12-13, and 14-17. Teams play other community center teams. Players need a copy of birth certificate at time of registration.

Ages 10 - 17 \$35

#### Track & Field

Develop and improve your running, jumping, endurance and track skills. Compete against other community centers. Meets are at Nathan Hale and West Seattle Stadium.

Ages 7 - 17 \$35

#### HAPKIDO

Hapkido is a Korean martial art. Hap translates as coordination or harmony. Ki as intrinsic energy, and Do as way. It is an integrated art of kicking, striking, patterns (series or arranged moves), and redirection of another's force through joint locks and throws. Weapons included. Hapkido is an excellent art for self defense while focuses on physical and mental health while being in harmony with one's environment. Tenets are practiced by the students and instuctors, such as courtesy, patience, and right behavior.

**Instructor: Susan Mix** 

January 12 - March 25 **no class January 19 & February 16 - 19**Mon., Wed., Thurs. 4:15 - 5:45pm \$99
Tues., Thurs. 6:30 - 8:30pm \$75

# N PROGRAMS

#### GRUB CLUB

Mondays 4:00 - 6:00pm \$1 per class Cooking Teen Style! Learn to prepare good, fast, nutritious, easy and fun snacks and meals that won't weight a kid down. Best part of this class? You get to eat your projects!

For program times and more information call Joy House at 684-7524

#### BITTER LAKE MYTH BUSTERS

Tuesdays Instructors

5:30 - 7:30pm Teen Room January 27- March 30

Annette Wingo

- Sustainable Seattle Belinda Chin
- Environmental Stewardship Coordinator TBD
- Dept of neighborhoods

Pbsst...Have you heard? Bitter Lake is haunted! The fish in the lake all have two heads! The sewer dumps there! Are these are urban myths! Or are they? Where do all the rumors come from? How did they get started? Are they true? If they're not, why do so many people believe them? Why is everybody afraid of this lake? Come and help us find the answers to some of these questions. We will use scientific evidence and good detective work to prove or disprove the mysteries surrounding Bitter lake. This is a service learning project where you can earn up to

COUNCIL

25 hours of service !!

Free

TAC (TEEN ADVISORY

Wednesdays

5:30 - 7:30pm Free

The Bitter Lake Teen Advisory Council is the hot line to all your service hour needs. Whether you need community service hours or an advisor and location for your senior project, the Bitter Lake TAC is the place for you. BLTAC members will learn to organize, promote and put on all types of events as well as learn techniques in public speaking, resume writing, personal economics, communication skills, teamwork and influencing others

### TEEN PROGRAMS

#### DANGE! DRILL! STEP!

Thursdavs 4:00 - 5:30pm

Free

Come on and kick it up! We combine hip-hop dance, precision drill and frat row stepping to come up with our own funky unique blend of cronk! Team limited to twelve so try out soon!

#### CULTURE JAM

4:00 - 5:30pm **Fridays** 

\$5 supply fee for each class

Looking for something new and different? Drop in for these fun and exciting hands on workshops:

January 30 Henna Hands

Feb 13 Aromatherapy bath products Feb 6 Candle and Soap Making Feb 27 Facial and skin care

March 5 **TBD** March 26 **TBD** 

#### ADULT/TEEN TAP

Learn the fun style of dance in an adult environment.

Instructor: Narda Elaine Curlee Wedneday 6:00 - 6:45pm

January 14 - March 24 Adults/Teens \$60 no class February 18

#### TEEN SPECIAL EVENTS

Two of a Kind winter Dance and Overnight

December 19 \$10

**Teen Midnight Madness** 

December 29 Free

All City Martin Luther King Day Rally and Dinner

January 19 Free

Mid-Winter Break Teen Leadership Camp

(registration required see TDL) February 17 - 21

**Pancake Breakfast** 

February 22 \$4

Tournament, Dinner and a Movie

March 3 Free

**Mystery Murder Train Trip** 

March 19 \$26

#### FRIDAY LATE NIGHT

**Fridays** 8:30 - 11: 30pm

@ The Annex \$2

Oh yeah! The freedom to just hang with your friends and maybe shoot some ball, watch a movie, or play a rip roaring game of kickball. It's your weekend, let's start it off right!

#### BALLET LYRICAL/JAZZ

Strong technique and Lyrical movements. Routines will be learned and performance opportunities will be offered. Dance attire required.

Instructor: Narda Elaine Curlee

Mondays 6:00 - 6:45pm

Adults/Teens Adults/Teens January 12 - March 29 \$60

no class January 19 & February 16

### AMERICAN RED CROSS

Sign up at www.seattleredcross.org

#### BABYSITTING TRAINING

February 21

This is the course that gives young people the training every parent wants in a babysitter - safety, basic child care, safe play, first aid, rescue breathing, choking, and critical emergency action skills.

### AMERICAN RED CROSS DISASTER PREPAREDNESS

February 28

Free

Students will learn how to prevent, prepare for and respond to disasters. Activities are built into the presentations to make them fun and interactive for the students.



# ADULT PROGRAMS

#### BALLET LYRICAL/JAZZ

Strong technique and Lyrical movements. Routines will be learned and performance opportunities will be offered. Dance attire required.

Instructor: Narda Elaine Curlee Monday 6:00 - 6:45pm

Adults/Teens January 12 - March 29

\$60 no class January 19 & February 16

#### ADULT TAP

Learn the fun style of dance in an adult environment. All you need is enthusiasm and a pair of tap shoes.

Instructor: Narda Elaine Curlee Wedneday 6:00 - 6:45pm

Adults/Teens January 14 - March 24 no class February 18

### JAZZERGISE Continuous Program

The worlds largest dance fitness program combines total body conditioning, the benefits of aerobics with the fun of dance. Each class is one hour long and includes: warm-up, aerobics, toning and strengthening and cool down. It's a total body workout! Please register for each class at the door with the instructor. This class is a rental, not a Bitter Lake Advisory Council operated program.

www.jazzercise.com Certified Jazzercise Instructors: Kathy Batson and Sandy Ziegler

Mon., Wed., Fri. 9:30am Tuesday & Thursday 6:30pm Saturday 9:00am

5 Classes \$25 (new student special)

Drop in fee \$7
\*\*Monthly passes available\*\*

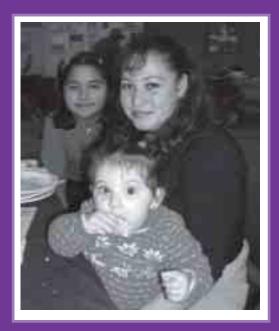
### HAPKIDO

Hapkido is a Korean martial art. Hap translates as coordination or harmony. Ki as intrinsic energy, and Do as way. It is an integrated art of kicking, striking, patterns (series or arranged moves), and redirection of another's force through joint locks and throws. Weapons included. Hapkido is an excellent art for self defense while focuses on physical and mental health while being in harmony with one's environment. Tenets are practiced by the students and instuctors, such as courtesy, patience, and right behavior.

Instructor: Susan Mix January 12 - March 29

no class January 19 & February 16 - 19

Mon., Wed., Thurs. 4:15 - 5:45pm \$99 Tues., Thurs. 6:30 - 8:30pm \$75



#### LA LECHE LEAGUE

Second Friday each month, 10:00 - 12:00noon. This drop-in group is a great source of information and support for mothers who are breast-feeding their children. FREE.

#### KENDO

Kendo, a highly technical Japanese sport, develops eye-hand coordination, self-discipline and the basic principles of self-defense. Participants advance at their own rate.

Thursday 7:40 - 9:00pm

\$55 January 15 - March 25 no class February 19

#### KARATE-BUTOKUKAN

Improve your body and mind through techniques followed in this ancient martial art form. Learn basic strikes, kicks, blocks, and stances. Participants test for the belt rank at their own pace.

Instructor: Roy Hoard Monday & Wednesday 7:00 - 8:00pm Beginners

7:30 - 9:00pm Intermediate/Advanced

January 12 - March 31

\$55 no classes January 19 & February 16 & 18

### ADULT PROGRAMS

#### INTERMEDIATE ESL FAMILIES IN A NEW CULTURE

This is a conversational class designed to help intermediate ESL (English as a Second Language) learners adapt to their new culture while improving their English skills at the same time. This program is offered in partnership with North Seattle Community College, located on the web at www.northseattle.edu

Fridays 12:30 - 2:30pm

January 9 - March 5

### CARDIO, STRENGTH AND FLEXIBILITY TRAINING

Join Bitter Lake Community Center for a complete body toning and cardio workout! Each one hour class includes warm-up, low impact aerobics (with high impact options), muscle strengthening exercises, stretching, and FUN. Bring your hand weights (2, 3, or 5 pounds), a towel or a small mat, and a bottle of water.

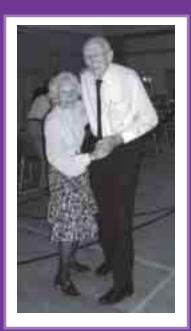
**About the Instructor: France Marien** started performing as an acrobatic dancer in 1985. She has performed and given movement workshops across the U.S., in France, and in Canada.

Monday & Wednesday 7:00 - 8:00pm

Session I January 12 - February 23 Session II March 1 - March 31

no class January 19 & February 16 & 18

\$55/session Held at The Annex



### TABLE TENNIS OPEN PLAY HOURS

Come and play with and against other table tennis players. Players of all ages and levels welcome. \$3 donation.

Tuesday 7:45 - 10:00pm Friday 5:00 - 9:00pm Saturday 1:00 - 5:00pm

### ADVANCED FLY TYING

Each evening will be taught by a different instructor focusing on a particular aspect of genera of fly tying. Subjects include steelhead flies, trout flies for lakes and rivers, tying trout flies with foam, flies for anadromous fish, strip leeches, and saltwater patterns. Each instructor will bring decades of fly fishing experience to the table and focus on areas where they have tremendous knowledge. Students will be expected to have a solid command of basic tying techniques, their own tools and some basic materials (which will be outlined before classes begin). The instructors will provide some materials specific to the classes.

Wednesday 6:30 - 8:30pm Max. 12 \$45 February 4 - March 31

#### FLY ROD BUILDING

Students will be led through he process of building their own graphite fly rod from blanks and components of their own choosing and purchase. No previous experience is necessary for this class. Everything from blank and component selection, cork grip construction, guide placement, wrapping and finishing will be covered in detail as each student is led through the construction of their own fly rod.

Saturday 1:30 - 4:30pm Max. 12

\$35 February 7, 14, 21, 28

# SENIOR ADULT PROGRAMS

#### SENIOR DANCE

#### BALLROOM DANCING

Thursdays 1:00 - 3:00pm \$2.50 donation

Step out with the Peptones for our weekly Senior Adult Dance. Enjoy good friends, food, and creative weekly themes. Lucille Getchell is our lovely hostess who puts on a fabulous dance.

#### THE NEEDLERS

A group of needle working seniors from the Bitter Lake area meet at Bitter Lake Community Center to work on their projects. Every second and fourth Tuesday of the month from 12:00 - 3:00 pm. Come and join them and share and enjoy each others company.

#### REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS 206-233-7138

Recreation Specialist: Stacie Sheridan Winter Quarter Dates: January 5 - March 19 January 19, February 16 No Programs:

Make-Ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins December 22. Class dates/times are subject to change.

Mail class payments to: Sr. Adult Programs, ATT: Stacie, 8061 Densmore Ave. N, Seattle, WA 98103. Make checks payable to 'SAAC'

#### **N.W. DIVISION SITES:**

Ballard CC 6020 28th Ave NW Bitter Lake CC 13035 Linden Ave N Loyal Heights CC 2101 NW 77th St

#### SENIOR AEROBICS \$18.00 1 day week

Join friendly, low impact aerobics, body strengthening and stretching taught by certified instructors. Thurs 9:00 - 10:00am Bitter Lake S. Sheridan

#### SR. BODY CONDITIONING \$22.00

Class is perfect for all fitness levels. Gain strength, greater flexibility, look and feel better. Use dynabands/free weights for strength conditioning.

B. Oďe 10:45 -11:45am Bitter Lake Tues

#### YOGA & MEDITATION \$22 - 1 day week

Rejuvenate your spirits with yoga! Practice positions to build strength/flexibility while deepening relaxation to improve daily life and the ability to grow and change.

Mon 10:15 - 11:15 am Loyal Heights Thurs 10:15 - 11:15 am Bitter Lake S. Denison S. Denison

#### **DROP-IN PICKLEBALL** Free

Continue to exercise and improve your skills by teaming up with other players – fun and challenging!

10:30 - 12:30pm Bitter Lake Tuesdays 12:45 - 2:45 pm Bitter Lake Fridays

#### **BALLROOM DANCING** \$2.00

Step out with the Pep Tones during a weekly senior dance. Enjoy good friends, food, and weekly theme.

1:00 - 3:00 pm Bitter Lake Thursdays

#### WHAT'S COOKING

Rosangela creates FUN, new and exciting dishes in these sessions. Receive recipes and have lunch. Each class is \$10.00. Pre-register by calling 233-7138.

10:30-12:30 pm Tuesdays Bitter Lake CC

#### **Great Vegetarian Cooking**

Jan 13

Thick, hearty, exotic, delicious, & healthy dishes.

**Healthy 1 Skillet Dinners** 

Jan 27

Just what the doctor ordered but with incredible flavor!

Low Fat & Lovin' It!

Feb 3

Recipes packed with flavor, perfect after a long day.

#### **Hearty Italian Winter Soups**

Feb 17

Thick & hearty, soul-satisfying soups.

#### Russian Cuisine

March 2 Features borscht, potato salad, & other Russian classics.

#### World Of Tofu

March 9

This CAN"T be Tofu! Come and find out the many delicious ways to prepare this nutritious protein source.

#### \*Culinary Arts Field Trip

\$5.00

(SEE TRIP PAGE FOR DESCRIPTION)

#### COMPUTERS

ALL COMPUTER CLASSES MUST BE REGISTERED VIA MAIL.

#### BASIC COMPUTERS FOR SENIORS

\$35.00

All the basic you ever need to know. Pre-register and pay for this class in advance, they fill up fast! Instructor: Gayle Rydberg 4 classes Jan. 5 - 26

Mons 9:00-10:30am Bitter Lake

#### **BASIC WORD**

\$35.00 Learn the basics for writing and editing. 4 classes

Instructor: Gayle Rydberg 4 classes Jan. 5 - 26 10:45-12:15pm Mons Bitter Lake

#### **BASIC INTERNET**

\$35.00

What is e-mail? Learn basics of the Internet. Discover how the Internet works. The class includes interactive discussion and hands-on practice. .

Instructor: Gayle Rydberg 4 classes Jan. 6 - 27 Tues 9:00-10:30am Bitter Lake

#### **E-MAIL FOR SENIORS**

\$35.00

Learn the basics of sending/receiving e-mail, and sign up for a free e-mail account. Class includes interactive discussion and hands-on practice.

Instructor: Gayle Rydberg 4 classes Jan. 5 - 26 10:45-12:15pm Tues Bitter Lake

#### INTERMEDIATE BRIDGE INSTRUCTION

\$30

Indepth lecture on strategy. Optional playing time after. ACBL Accredited Instructor George Weaver.

10:30-12:30 pm Mondays Bitter Lake

#### **BEGINNERS BRIDGE**

\$30.00 You've been wanting to learn - here is your opportunity. ACBL Accredited Instructor George Weaver.

Wednesdays 10:15am - 12:15pm Bitter Lake

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# SENIOR ADULT PROGRAMS

#### ARTS & CRAFTS

#### WATERCOLOR PAINTING | \$60.00 / quarter

Bring your paints, brushes and joy of painting. A demonstration after each lesson with lots of guidance. All skill levels welcome. J. Dodds Mons. 10:15 - 12:15 Bitter Lake

#### INTERMEDIATE DRAWING | \$40.00/quarter

Pencils / charcoal, we'll focus on perspective, propor-tions, and importance of composition. Students enjoy short class demonstrations, and critiques from peers.

Kathleen McHugh Thurs. 10:30 - 12:30pm Bitter Lake

### HELPING HANDS

#### WHAT TO DO WHEN A DEATH OCCURS | Free

Memories are gifts we leave our loved ones when we pass away. Learn how to handle your death responsibly and affordably. Refreshments served. Please pre-register by calling 233-7138 Jan 29 Thurs. 10:15-11:30 am Bitter Lake

#### **HELPING HANDS**

An opportunity to give back to our wonderful Seattle Parks. Simple, 1 hour, non-strenuous work/socialize. Bring sack lunch. We provide drinks & treat. Register, 233-7138, Dec 23rd, 8:00 am. Name which parks you'll be assisting with.

Van pick-up: Ballard. Tuesdays
Jan 13 10:15-1:30pm Carkeek Park
Feb 17 10:15-1:30pm Carkeek Park
Mar 2 10-2:00pm Atlantic St Nursery

#### HIKES & WALKS

Register: call Dec 23, 8am at 233-7138. Walk at your own pace for up to 1 hour & 15 minutes. Wear all terrain shoes. Please name the walks you'll attend. Rain or shine! Lunch in local towns, on your own.

Time: 10:15am - 3 pm. *All walks \$5.50-pd in advance*. Van Pick-Up: Ballard CC \* All Tuesday outings

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Juanita Bay	Jan 6
Magnuson Park	Jan 20
St. Edwards Park	
Lake Forest Park	
May Creek Trail	

### \*MAKE CHECKS PAYABLE TO: SAAC

\*MAIL CHECKS TO: Senior Programs, Att: Stacie, 8061 Densmore Ave. N., Seattle - 98103

Trip Registration: Register by calling 233-7138 at 8:00 am on the date listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, name of trip & pick-up site. You'll ONLY be called back if you're on the Wait List. \*PAYMENT must be received 5 working days PRIOR to departure.

#### PICK-UP SITE:

Bitter Lake CC 13035 Linden Ave. N

(\*Bitter Lake please park your car on the upper road)

South Bound Trips: Bitter Lake - leave 30 minutes before time listed

North Bound Trips: Bitter Lake time listed.

Vans will only wait for late people for 5 minutes.
Registration begins at 8am. Please don't call before or registration will not count.

#### ALL TRIPS ARE WEDNESDAY UNLESS NOTED

#### **KNOWING NOAA | \$3.50**

National Weather Service is a part of our everyday life. Come and learn about this service and a lot more. Lunch on your own. Jan 7 (S bound) 10:00-3:30pm Reg: Dec 29

#### SUZZALO LIBRARY & HENRY GALLERY | \$4.00

Feel the presence of light inhabiting a space at this incredible show, then tour the gothic-style Suzzalo Library on your own. Lunch on your own.

Jan 14 (S bound) 10:30-4:30pm Reg: Dec 22

#### GREAT SCOTS! | \$4.50

Celebrate Robbie Burns day by touring the Utilikilt company and the Hector Russell Scottish Imports. The person who wears the most plaid gets the trip for free! Lunch on your own.

Jan 21 (S bound) 9:45–5:30pm Reg: Dec 30

#### CONCORD 2004 | \$4.00

Tour the Museum of Flight and see what about the Concord is all about. Also take in the much talked 2 Tarts Bakery (lunch on your own).

Feb 4 (S-bound) 10:00am-2:00pm *Reg: Jan 6* 

#### A DELICIOUS DAY | \$4.00

Enjoy a delicious early bird Salmon buffet lunch at North Seattle Culinary School, then onto another cupid day event. Please make check, \$13.50, payable to NSCC. Please mail by Jan 27th. Feb 11 (N-bound) 11:30-3:00pm Reg. Jan 20

#### **REACHING OUT | \$4.00**

Tour the Library for the Blind and Lighthouse for the Blind. Lunch on your own. A super trip!

Feb 25 (S-bound) 10:15–3:30pm Reg. Feb 3

#### REP THEATRE The Time Of Your Life | \$14.00

Join the ragtag regulars of Nick's waterfront saloon in San Francisco. Stories of characters' forgotten dreams and unlived lives in the final days of the Great Depression. 2:00 pm show. Lunch on your own.

Mar 3 (S bound) 11:45-5:00pm Reg. Feb 10

#### PORT OF SEATTLE | \$4.00

In my 8 years of offering trips, this has got to be one of the highest rated tours we've taken. See what there is to see and learn in our beautiful port. Lunch on own.

Mar 10 (S-bound) 10:00 – 2:00pm *Reg. Feb 17* 

#### CULINARY ARTS FIELD TRIP | \$5.00

Join Rosangela for a fascinating tour of the Central Market, then on to Pacific Food Imports for more touring and tasting. Lunch on own. (Monday trip)

Mar 15 (S bound) 10:00-2:00 pm Reg. Feb 27

